

**Amendment to Claims**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

1. (Original) An article of footwear comprising of an upper portion and a sole portion, the sole portion being connectable to the upper portion and including a pocket for receipt of a microwaveable heating pad, wherein the article is adapted for removal and insertion of the microwaveable heating pad.
2. (Original) An article of footwear as claimed in Claim 1 in which the upper portion and the sole portion are detachable along at least a portion of a circumference of the article to allow access to the pocket for insertion and removable of the microwaveable heating pad.
3. (Original) An article of footwear as claimed in Claim 2 in which the upper portion and the sole portion are connected by means of a detachable fastener such as a zip.
4. (Currently Amended) An article of footwear as claimed in ~~any preceding~~ Claim 1 in which the pocket is dimensioned for receipt of an insole-sized microwaveable heating pad.
5. (Currently Amended) An article of footwear as claimed in ~~any preceding~~ Claim 1 in which the upper portion is adapted to at least partially enclose a user's foot, and includes a base upon which, in use, a user's foot rests.
6. (Currently Amended) An article of footwear as claimed in ~~any preceding~~ Claim 1 including a solid, microwaveable, heating pad which is dimensioned to fit into the pocket.
7. (Currently Amended) An article of footwear as claimed in Claim 6 in which the heating pad comprises a mixture of ferrite and silicone, optionally in a ~~ratio~~ ratio of 2:1 (W/W)
8. (Currently Amended) An article of footwear as claimed in ~~any preceding~~ Claim 1 in which the sole portion includes an insulating layer located underneath the pocket.

9. (Currently Amended) An article of footwear comprising:

[[ - ]] an upper portion dimensioned to at least partially enclose a user's foot;  
[[ - ]] a sole portion connectable with the upper portion; and  
a solid, microwaveable insole-shaped heating pad, wherein the sole portion includes a pocket which is dimensioned for receipt of the heating pad, and wherein the article is adapted for removal and insertion of the heating pad.

10. (Currently Amended) A method of heating a foot comprising the steps of:

[[ - ]] providing an article of footwear according to any of Claims 6 to 8;  
[[ - ]] removing a heating pad from the pocket of the article of footwear;  
[[ - ]] heating the heating pad in a microwave for a suitable amount of time;  
[[ - ]] inserting the thus-heated heating pad into the pocket of the article of footwear; and  
[[ - ]] inserting the foot to be heated into the article of footwear.